

# AgeWell Services The Scroll March, April, May 2022

## AgeWell Services' Staff

Kristi Fenick, District Manager, CTRS

Marla Davis, Supervising Recreation Specialist, CTRS

Caitlin Weston, Recreation Specialist

Vacant, Recreation Specialist

Mark Leo, Recreation Leader II

Vacant, Recreation Leader II

**Programs offered in this newsletter are for adults 55 years and better.**

**AgeWell Services will be closed March 31st and May 30th in observance of City Holidays.**

**To join our mailing list, or for more information, please call (619) 525-8247**

**or email [thescroll@sandiego.gov](mailto:thescroll@sandiego.gov).**

*Throughout this newsletter there are a number of advertisements and community-sponsored activities.  
The City of San Diego does not necessarily endorse the services offered by these organizations.*

**Visit us on the web at:**

**<https://www.sandiego.gov/agewell>**

# Announcements

## Table of Contents

Announcements/Resources	2
Online Registration	3
Special Thanks	4
Serving Seniors Encore Lunch Time Recital	5
Special Events	6
AWS Dances	7
Park de la Cruz Activities	8-10
Balboa Park Programs & Virtual Activities	12
Citywide Parks and Recreation Center Opportunities	13-14
Community Resources	15-16
AgeWell Calendar	17-19

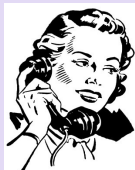
## Cover Contest

Do you enjoy taking photos of scenery, beautiful plants, seasonal items and the like? The Scroll is looking for seasonal appropriate images to use as a background for our cover page. Submit one of your photos or digital art pieces by email to Caitlin Weston at [cweston@sandiego.gov](mailto:cweston@sandiego.gov) and your image could be featured in an upcoming issue of The Scroll. The winner will be chosen by AWS/TRS staff and will have his/her name mentioned in The Scroll in which the image is featured.

## Daily Social Calls

Due to the popularity of our Social Calls Program, there is currently a waitlist to join.

Please call (619) 525-8247 or email [thescroll@sandiego.gov](mailto:thescroll@sandiego.gov) to let us know if you or a loved one would like to be put on the waitlist or referred to a another community agency.



## Volunteer Updates

### Welcome new volunteers!

**Robert C.** (Access 4 All Class); **Tom E.** (Senior Lounge and Social Calls Program); **Keith W.** (Social Calls Program); **Brenda H.** (Travel Club); **William D.** (Travel Club); **Mariarosa C.** (Bingo, Lounge, Serving Seniors, AWS Dances, Admin.); **Loretta R.** (Social Calls Program, Lounge, Serving Seniors, AWS Dances, Admin.)

### Happy Birthday!

Please join us in celebrating the following AgeWell Services' volunteer birthdays:  
**Diane B. (4/21), Keith W. (5/12)**

## Volunteers Needed

Do you have some extra time and would like to give back to others? We are looking for volunteers to assist us with the following activities:

**Social Calls** - Make weekly phone calls to older adults in need of a friendly voice. Volunteers pick a day, Mon.-Wed., to make phone calls for 3-4-hours.

**Walk to Wellness** - Volunteers walk and socialize with older adults on Saturdays from 8:30-10:00am

**Lounge or Café Host** - Hosts greet and socialize with older adults who visit the Balboa Park Lounge or Park de le Cruz Community Center. Four-hour shifts are available, from 8:00am-12:00pm, Tuesdays - Saturdays. Hosts prepare and serve coffee, tea, and water.

**Mahjong Instructor** - We are looking for someone to teach beginner American Mahjong on Monday mornings for a two-four hour shift.

**Contact Sharon Moninger at (619) 236-7753 or [Smoninger@sandiego.gov](mailto:Smoninger@sandiego.gov) if you are interested in volunteering.**

# Where to Start/Get Involved!

## Steps to register on SD Rec Connect

**Create an online profile** using the Activity Registration System. Log on at **SDRecConnect.com**. **First Time Online Registration:** Click "Create an Account". Fill out "New Account Request" form completely for the primary responsible person, including all required fields, and click Submit (or Submit and Add Family Member to add family members). Upon completion, an email will be sent to the email address provided. Check your email for a confirmation message with a special first-time activation link. You will not be able to use your new account until you've used this special link. Note: it's possible this email will go to your "spam" folder, so check carefully. To avoid duplication, be sure to let others in your household know you've set up the account.

**Returning Customers:** For people who have an existing account online, click the "Sign In" or "My Account" button. Enter your login (email address) and password.

**Spring registration starts February 12, 10:00am**  
**Summer registration starts May 14.**

## Payment Process

Payments can be done online at SDRecConnect.com or at Park de la Cruz Community Center (3901 Landis St., 92105) on the following days/times:

Monday–Wednesday: 8:30am-5:30pm

Thursday/Friday: 8:30am-3:30pm

Saturday: 9:30am to 2:30pm

Cash or paper check is NOT accepted when paying in advance. Acceptable payments methods include: electronic check– proper ID with proof of checking account (blank or voided check) or credit, debit, or gift cards issued by qualified card service merchants (Visa, MasterCard, American Express, and Discover only.)

A \$25.00 fee will be charged for declined electronic checks. Customers should verify that bank routing and account numbers are entered correctly. Activities not meeting the minimum enrollment may be cancelled. All registration and reservation fees include a non-refundable 3% processing fee.

## Refund Policy

Refund is based on the date that the written application was submitted, using the Refund Application, in person at the facility where the program occurs. Refunds will be processed in accordance with the following policy.

### Refund policy exclusions:

- 3% processing fee will be deducted from all refunds.
- No refund or transfer for non-attendance at activity.
- No credits to account.
- Activity fees less than \$10.00 will not be refunded.
- No refunds for requests submitted less than 20 business days prior to the activity.
- Refunds will take up to 6-8 weeks.
- Payments made by credit card will be refunded to the credit card.

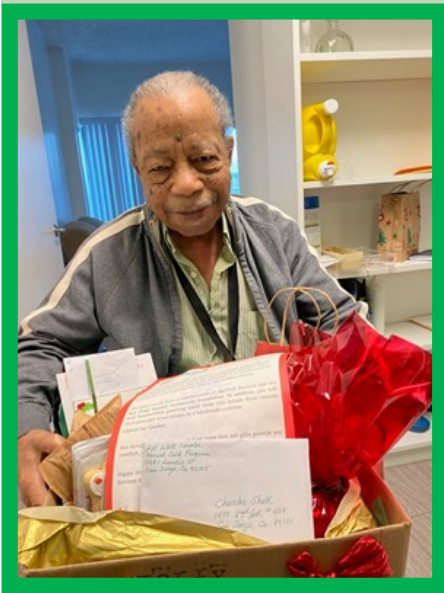
**Contact AgeWell Services' staff at  
(619) 525-8247 with questions.**



# Special Thank You

## Operation Joy 2021-San Diego Seniors Community Foundation

Thank you to the San Diego Seniors Community Foundation for their generous donation of \$1800. AgeWell Services staff were able to host a volunteer holiday celebration where 30 volunteers received lunch, a gift card, made crafts and socialized with one another. Cider and cookies were provided to the Balboa Park Senior Lounge guests in a festive atmosphere during the end of December. Care packages were delivered to some of the more isolated older adults on AgeWell Services Social Call program. Items in the care package included gift cards, blankets, toiletries and holiday cards that were created by San Diego Girl Scout throughout San Diego. Thanks again to the San Diego Seniors Community Foundation for making a positive impact in the lives of older adults.



## Girl Scouts



AgeWell Services was fortunate to once again partner with the Girl Scouts of San Diego during the holiday season. AWS staff made a request for holiday cards for the participants in our Social Calls program and the word spread. Girl Scouts, of all ages, throughout San Diego responded. We received over 300 thoughtful cards and letters and adorable drawings! The girls learned a little about the older population while following the Girl Scout Law by being helpful, friendly, caring, and making the world a better place. Thank you to the San Diego Girl Scouts for the joy you spread to older adults.

## Supermercado Murphy's

Thank you to Supermercado Murphy's for their donation of \$1,000 to provide lunches for older adults at the Park de la Cruz Serving Seniors lunch site (see page 5). This donation will go a long way in providing nutritious lunches in a friendly atmosphere.

## Dance Donor

AgeWell Services would like to express heartfelt appreciation to Henry (Hank) Drage, one of our longtime dancers.. Hank generously donated \$1,000 to help support the bimonthly dances at the Balboa Park Club. Thank you!

# SENIOR MEALS AT PARK DE LA CRUZ COMMUNITY CENTER

Serving Seniors provides hot, nutritious lunch to older adults, age 60+.



## When

### Lunch Service

Monday thru Friday

12:00 PM - 1:00 PM

## Where

### **Park de la Cruz Community Center**

3901 Landis St., San Diego, CA 92105

***Masks required indoors, but may be removed temporarily while eating.***

Meals are provided at no cost to seniors; however, contributions are accepted. A \$4.00 fee is requested for those who are under 60 years of age, however a scholarship is available through the Disabled Services Advisory Council Inc. (DSAC) for those who cannot afford to pay this amount. If you would like to fill out a DSAC scholarship form, contact our office at (619) 525-8247 or come to the front counter. **Recipients of the DSAC scholarship are able to receive up to 10 meals per month for free.**

## Contact

The City of  
**SAN DIEGO**  
Parks and Recreation Department

**GENERAL INFO**  
(619) 525-8247

**SERVING MEALS**  
**SENIORS** (619) 235-6572

# Encore! Lunchtime Recitals

**Thursdays 12:00pm-1:00pm**

**February 10th-May 26th**

Encore! Is a free enrichment program designed for seniors by Villa Musica San Diego's Community Music Center. Enjoy outdoor, live music performances during Serving Seniors Lunch at Park de la Cruz Community Center. Patrons are also welcome to bring their own lunch to the recital.



# Special Events

## AgeWell Photography Contest & Exhibit

Photographs will be displayed at Park de la Cruz Community Center from June 3rd through June 24th, 2022.

### CATEGORIES

**Candid**– Photos that were not planned. The subject isn't staged or positioned.

**Nature/Landscape**–Flowers, greenery, water, scenic, etc.

**Animals**–Non-human subjects (pets, livestock, insects, etc.).

**Portrait**– Prominently featuring a persons face, head and shoulders (Selfies accepted).

**Motion** –Photographs that evoke a sense of motion/action in its composition.

**Artistic**—Photographs that showcase design as the feature element. Can feature linework, color theory, or other elements.

**Two entries per person will be accepted at the following locations  
from May 11th through May 27th:**

Park de la Cruz Community Center	3901 Landis Street	Mon–Fri	9:00am–4:00pm
		Sat.	9:30am–2:30pm
Balboa Park Senior Lounge	1650 El Prado	Tues.–Fri.	9:00am–12:00pm

**Photographers must be age 55 or better.**

**Call (619) 525-8247 for more information and contest rules.**



## Therapeutic Recreation Services 50th Anniversary Bash

**FREE EVENT**

**Saturday, June 18, 2022**

**2:00pm–5:00pm**

**Park de la Cruz Community Center  
3901 Landis St., 92105**

**Refreshments**

**Register via [SDRecConnect.com](https://SDRecConnect.com) by May 25th to receive a commemorative gift using the code: **98965**, or call (619) 525-8247 if you are interested in attending.**



# AgeWell Dances

The following dances are held on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month at the Balboa Park Club Ballroom (2150 Pan American Road West), located off of Park Blvd. and Presidents Way. There is a \$5.00 charge at the door which includes live entertainment, refreshments (pre-packed snacks) and prizes.

For more information, call (619) 525-8247.



## St. Patrick's Day

Thursday, March 10<sup>th</sup>

12:30-2:30pm

Catch the luck of the Irish at our annual St. Patrick's Day dance with music by the "Sophisticats".



Thursday, March 24<sup>th</sup>

12:30-2:30pm

Show your college spirit with friends, while enjoying the sounds of "Blue Zone".



## Bunny Hop

Thursday, April 14th

12:30-2:30pm

Hop into Spring with good company and enjoy music performed by the "Sophisticats".

## Mother Earth's Garden Party

Thursday, April 28th

12:30-2:30pm

Wear your garden attire, while enjoying the sounds of "Janet Hammer Presents: Rhythm Express".



## Fiesta Party

Thursday, May 12th<sup>th</sup>

12:30-2:30 pm

Come fiesta with friends while enjoying the rhythms of "the Sophisticats".



## Western

Thursday, May 26<sup>th</sup>

12:30-2:30 pm

Dress in your favorite western attire and enjoy the sounds of "Janet Hammer Presents: Rhythm Express".

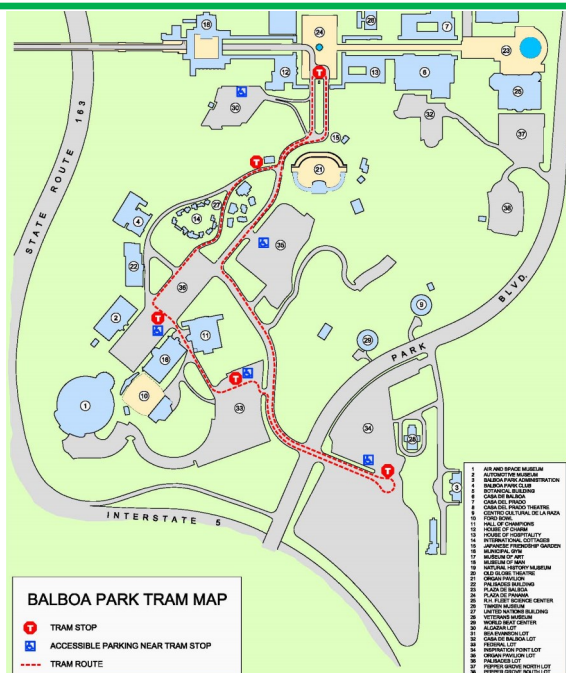


## TROUBLE FINDING A PARKING SPOT?

Take the FREE Balboa Park Tram and save your energy for the dance floor!

Just park on the West side of Park Blvd. or at the lower parking lot at Inspiration Point.

It runs every 10 minutes and drops you off in front of the Ballroom.



# Park de la Cruz Activities

All codes are directly linked to [SDRecConnect.com](http://SDRecConnect.com). Click the code to sign up. See page 4 for registration instructions. Activities on this page are held at Park de la Cruz Community Center (3910 Landis St.) or Park de la Cruz Gymnasium (3911 Landis St.)

**Fitness Center**      **Mondays & Wednesdays: 9:30am–6:00pm**      **Registration Code: [99385](#)**  
**Tuesdays: 8:30am–6:00pm**  
**Thursdays & Fridays: 8:30am–4:00pm**  
**Saturdays: 9:30am–2:30pm**

Looking to increase your fitness level? We have free weights, a tread mill, a rowing machine and a stationary bike to help get your fitness on. **Cost is \$15 for 3 months (March–May).** Stop by and check it out! Please bring your own towel and water.      **Leaders: AWS and TRS Staff**

**Service Members – Adaptive Strength Training**      **Drop-in Program**  
**Mondays & Wednesdays: 8:30am–9:30am**

This class offers 100% adaptable and customizable functional movement-based exercises to meet individual needs. Class includes dynamic warm-up, body weight, resistance band, kettle bell, and core exercises in combination with cardiovascular activities. **Program is designed for Service Member populations** (active-duty or veterans).      **Leader: Sarah N., Volunteer**

**SD Access 4 All – Technology Program**      **Registration Code: [99386](#)**



**Mondays & Wednesdays: 9:00am–12:00pm**

Join us for a free technology assistance program led by San Diego Futures Foundation (SDFF) staff. SDFF will conduct weekly trainings, host Q&A, and distribute information about how to purchase low-cost devices to individuals (age 18 and over) who qualify. **Please call (619) 525-8247 for more information.**



**American Mahjong**      **Mondays: 10:00am–1:00pm**      **Registration Code: [97893](#)**

Mahjong is an enormously popular Chinese game of strategy, skill, and summation. It is an excellent game to play if you're looking to improve your memory skills! Feel free to participate the entire time, or drop in for an hour or two. This activity is geared for intermediate to advanced Mahjong players. AWS is seeking a volunteer to help teach Mahjong to new players (see page 2).

**Otherwise Improv**      **Wednesdays: 3:00pm–5:00pm**      **Registration Code: [99388](#)**  
**March 2nd & 16th, April 6th & 20th, May 4th & 18th**

Come learn how to make it real! Join us on the 1st and 3rd Wednesdays of each month for an improvisational workshop. Learn the secret of being in the moment. If you have good timing you don't need anything else! Program is open to individuals age 18 and over.

**Leader: Christophver R, Volunteer**

**Open Play Pickleball**      **Thursdays: 10:00am–12:00pm**      **Drop-in Program**  
**Park de la Cruz Gymnasium**

Enjoy this fun, social and friendly game. Program is for all participants ages 18 and older. Whether you are looking for an easy game for beginners or a fast-paced, competitive game for experienced players, this activity is for you. This program is held at the Park de la Cruz Gymnasium.



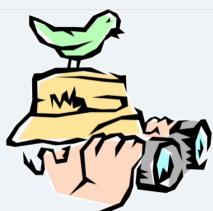
**Leader: Nick Hurd, Therapeutic Recreation Specialist**



# Park de la Cruz Activities Continued

All codes are directly linked to [SDRecConnect.com](http://SDRecConnect.com). Click the code to sign up. See page 4 for registration instructions.

**Audubon Bird Walk** Friday, March 25th, 9:00am-11:00am Registration Code: [99622](#)



Birds are beautiful and they are everywhere. Have you ever looked at a bird and wondered, "What kind of bird is that?" Join San Diego Audubon Society for an introduction to birding! Bring your binoculars. Some will be available to borrow.

Leaders: Audubon Volunteers

**Travel Club** 3rd Fridays: 10:30am-12:00pm Registration Code: [99409](#)  
March 18th, April 15th, May 20th

Join travel club and share your travel experiences! Learn about some travel destination specials and discounts. Meet others with similar travel interests or find a travel partner.

Leaders: Brenda H. & William D., Volunteers

**Must-See-Movies** 2nd Fridays: 12:30pm-2:30pm Registration Code: [99389](#)

Watch distinguished films that have transcended time and trends. The film host will introduce each movie and then lead a question and answer session afterwards.

March 11th: **Places in the Heart**-1984-Sally Field

A widowed mother fights for her cotton farm with the help of a laborer and a blind boarder in 1930s Texas.

April 8th: **A Patch of Blue**-1965-Sidney Poitier, Elizabeth Hartman, Shelley Winters

A blind white teenager, sheltered by her sleazy mother falls in love with a kind young black man.

May 13th: **The Bad and the Beautiful**-1952-Lana Turner, Kirk Douglas

A ruthless producer uses and discards Hollywood hopefuls as stepping stones to the top of the Tinseltown heap.



Leader: Bob J., Volunteer

**Chair Yoga Class** Fridays: 12:45pm-1:45pm Registration Code: [99407](#)

**March 18th-May 13th** (No class on April 1st)

Yoga chair classes are gentle, combining both chair and standing postures to incorporate flexibility and muscular strengthening. We aim for a good stretch, a bit of a workout, and some valuable mind-quiet time, all to help reinforce that ever important connection between your body and your mind. Participate at your own level! **Cost for 8 sessions: \$30.00. Partial scholarships available - please call (619) 525-8247.** (Includes Fitness Center Usage.)

Leader: Jackie G., Contractor

**Poetic Legacy Program** Last Fridays: 3:00pm-4:30pm Registration Code: [99408](#)

March 25th

April 29th

May 27th

Ilya Kaminsky

Linda Hogan

Kwame Dawes

This workshop involves a detailed exploration of contemporary and historic poets. Taking prompts from the featured poets, participants are then encouraged to write their own poetry.

Leader: Christopher R, Volunteer (619) 569-4922

# Park de la Cruz Activities Continued

## Walk to Wellness

**Saturdays: 8:30am–9:30am**

**Registration Code: 99437**



Participants walk 2–3 miles at various locations throughout San Diego which enables patrons to meet new friends, become physically fit and learn more about the beautiful parks & trails offered to them i.e., Balboa Park, Park de la Cruz, Shelter Island, Crown Point Shores, Civita Park, and Mission Bay.

**Register ahead of time so you will receive walk location information.**

**Leader: Nick H. Therapeutic Recreation Specialist**



## PDLCL Café

**Saturdays: 10:00am–12:30pm**

**Drop-in Program**

Come enjoy a complimentary cup of coffee or hot tea and socialize with peers. Stay and play Bingo while enjoying your beverage. We look forward to seeing many familiar faces as well as meeting new friends.

**Leader: Joyce M., Volunteer**

## Bingo

**Saturdays: 11:00am–12:30pm**

**Registration Code: 99438**

G55! B15! Spend your afternoon at Park de la Cruz and meet new friends. If you are lucky you may even win a prize! **Se Habla Espanola**

**Leader: Mariarosa C., Volunteer**

## Pot in a Pot Succulent Party

**Registration Code: 99439**

**Saturday, April 23rd: 1:00pm–2:30pm**



Create a beautiful "Pot in a Pot" tabletop succulent decoration to keep or give as a gift. Supplies and succulents provided. You may bring succulents to share. Please register at least 8 days prior to event.

**Cost is \$5.00.**

**Leader: Alicia B., TRL**

## Intergenerational Dads, Doughnuts, and Dominoes ~

**Registration Code: 99942**



### An Early Father's Day Celebration

**Saturday, June 11th 10:00am–11:30am**

Calling all Dads and family members. Spend quality time honoring your Father, while enjoying doughnuts, fruit, coffee and a game of dominoes or other game.

**Cost: \$5.00**

**Leader: Alicia B., TRL**

## Ukulele

**Registration Code: 99943**

**Fridays: April 1st–May 6th 11:00am–12:00pm**



Learn basic chords, rhythms, and note reading skills needed to play new songs on the ukulele. No experience is necessary, and ukuleles are provided for the duration of the class. **Cost: \$30.00 (partial scholarships available; please call (619) 525–8247 for information.**

**Leader: Encore! Villa Musica Staff**

# Balboa Park Locations

All codes are directly linked to [SDRecConnect.com](http://SDRecConnect.com). Click the code to sign up. See page 4 for registration instructions. The Santa Fe Room is located at 2150 Pan American Road West. The Senior Lounge is located in the Casa Del Prado (room 105) at 1650 El Prado.

## Piano Notes



### Balboa Park Club Ballroom

Registration Code: [99440](#)

**Last Tuesdays: 10:00am–11:45am - March 29th, April 26th, May 31st**

Join us in the historic Balboa Park's Ballroom if you enjoy playing or listening to the piano. This is a great opportunity to meet new friends and enjoy music.

**Leader: Lee W., Volunteer**

## Senior Lounge

### Balboa Park Senior Lounge

**Drop-in Program**

**Tuesdays thru Fridays 9:00am–12:00pm**

Come enjoy a complimentary cup of coffee or hot tea and socialize with peers in beautiful Balboa Park. We look forward to seeing many familiar faces again, as well as meeting new friends.

**Leader: Mark Leo & Lounge Volunteers**

## Intergenerational Mother's Day Tea Party

Registration Code: [99909](#)

### Balboa Park Santa Fe Room

**Saturday, May 7th: 11:00am–1:00pm**

Join us for an intergenerational Mother's Day Tea, which includes children (6 and above), and adults. Dress in your favorite tea outfit and hat and sit back and be served traditional tea sandwiches, scones, and other delicacies. Tea, coffee and other age appropriate beverages will be offered to attendees. **Cost: \$5.00 per person.**

**Leader: Alicia B., TRL**

## Poetry Party

### Balboa Park Santa Fe Room

Registration Code: [99441](#)

**First Fridays: 3:30pm–5:00pm - March 4th, April 1st, May 6th**

Come read your favorite poetry, listen, or make the scene. Be bold, adventurous, and experience first hand the power of the spoken word. *\*Caution; Poetry may become inspirational to your health!*

**Leader: Christophver R, Volunteer**

# Virtual Programs

## Aging Well Chair Fitness (Virtual)

Registration Code: [99310](#)

**Mondays: 10:30am–11:30am & Thursdays: 1:00pm–2:00pm**

Chair-based fitness classes use seated and standing exercises combining unique Latin moves with rhythms to create an exciting and dynamic workout. The class combines boxing drills and constant easy movements for a well-rounded workout. Improve balance, flexibility and reduce stress. For more information, call (858) 538-8171.

**Leader: Trena Bennett, Center Director, Lopez Ridge Recreation Center**

## Virtual Yoga

**Tuesdays & Thursdays: 9:00am–10:00am**

Registration Code: [99470](#)

Discover how yoga can strengthen your core, improve posture and decrease stress. Wear comfortable and loose fitting clothes. Se Habla Español.

**Leader: Irma L., Volunteer**

## Virtual Laugh Hour

**Thursdays: 11:00am–12:00pm**

Registration Code: [99446](#)

Scientific studies show that laughter reduces pain, fights depression and more! Program is open to participants of all ages and their families.

**Leader: Alicia S., Volunteer**



# Citywide Parks & Recreation

The following programs are held at various City of San Diego Parks and Recreation Centers.  
Please call the recreation centers for more information.

## Pickleball

Drop-in Program

North Clairemont Recreation Center: 4421 Bannock Ave., 92177

Tuesdays & Thursdays: 10:30am–1:30pm

Stop in for open play pickleball. For more information, call (858) 581–9926.

Leader: North Clairemont Recreation Center Staff

## Senior Fitness

Registration Code: [99040](#)

North Clairemont Recreation Center: 4421 Bannock Ave., 92177

Tuesdays & Thursdays: 1:30pm–3:30pm

Join this free fitness program which encompasses sitting and standing exercises to work on cardio, strength, flexibility, and balance. For more information, call (858) 581–9926.

Leader: Mary

## Quilt Again Club

Drop-in Program

Standley Recreation Center: 3585 Governor Dr., 92122

Thursdays: 4:00pm–8:00pm

Participants will share the quilting experience. Bring your own supplies and machine and join other quilters working on projects. Must be 18 years or older. Call Lynn at (858) 864–2950 for more information. **FREE**

## Senior Bridge & Pinochle

Drop-in Program

Standley Recreation Center: 3585 Governor Dr., 92122

Fridays: 9:00am–12:00pm

New players are welcome. Participants can bring a sack lunch. Coffee, tea and light snacks are provided. More information is available by calling Vern at (619) 465–6463.

## City Heights Steppers—Line Dance

Registration Code [99410](#)

Mid-City Gym: 4302 Landis St., 92105

Tuesdays: 6:00pm–8:00pm

Join the City Heights Steppers. Learn different line dances to get your exercise on! This is a super fun group that just wants to get in shape and have some fun. Participants will be socially distanced inside the gymnasium. This activity is open to ages 13 and up. For more information, call (619) 641–6125.

Leader: City Heights Recreation Center Staff

## American Mahjong

Drop-in Program

Nobel Recreation Center: 8810 Judicial Dr., 92122

Thursdays: 12:30pm–3:00pm

American Mahjong is played with four players using tiles stamped with Chinese symbols. The goal of the game is to be the first to match one's tiles to a specific hand. If anyone knows how to play American Mahjong, they should come play once a week, bringing a Mahjong set is advised.

Leader: Nobel Recreation Center Staff

# Citywide Parks & Recreation

The following programs are held at various City of San Diego Parks and Recreation Centers.  
Please call the recreation centers for more information.

## Blazing Turtles Walking Group

Registration Code: **99571**

**South Bay Recreation Center: 1885 Coronado Ave., 92154**

**Mondays-Fridays 8:00am-10:00am**

**March 2nd-May 27th**



This free walking program is designed to enhance health and well being of participants. Blazing Turtles Walking Group members will log the number of laps they walked around the park every week. Participants may keep track of their laps any time of day from dawn to dusk.. For more information, contact Kevin Kirkpatrick, ARCD at (619) 424-0470 or email [KLkirkpatric@sandiego.gov](mailto:KLkirkpatric@sandiego.gov).

**Leader: Kevin Kirkpatrick, ARCD, South Bay Recreation Center**

## Ceramics

Registration Code: **99570**

**South Bay Recreation Center: 1885 Coronado Ave., 92154**

**Tuesdays: 4:00pm-6:00pm**

**March 1st-May 24th**

This program consists of pouring clay slip into molds, preparing pieces for firing, then painting and glazing those ceramic pieces for participants as a keepsake. Students provide own materials. Please call (619) 424-0470 for more information.

**Leader: South Bay Recreation Center**

## Open Play Pickleball—All Ages

**Drop-in Program**

**Ocean Air Recreation Center: 4770 Fairport Way, 92130**

**For more information, call (858) 552-1687.**

**Pickleball (6 courts): Monday & Friday 10:00am-1:15pm; Wednesday 9:00am-12:15pm**

**Leader: Ocean Air Staff**

**Bay Terraces Community & Senior Center - \*NEW\* Facility & Programs**  
**7445 Tooma St., 92139 - (619) 527-7632**

### Friends of the Garden Intergenerational

*Saturdays 10:00 - 11:30 AM (FREE)*

Check out our Native Garden & learn about our park beautification.

March # 99326

April # 99349

May # 99350

### Senior Game Day (Lounge Room)

*Monday - Friday 1:00 - 3:00 PM (FREE)*

Join our noncompetitive games including mah-jong, cards, board games & lots more!

March # 99328

April # 99347

May # 99348

<https://www.sandiego.gov/park-and-recreation/centers/recctr/bayterrace>

### Senior Line Dancing

*Monday - Friday 10:00 - 12:00 PM (FREE)*

This is a simple, exercise dance class you are welcome to jump in and join at any time.

March # 99340

April # 99341

May # 99327

### Afternoon Walking Club

*Tuesday & Thursday 1:00 - 2:30 PM (FREE)*

We will be walking around the park for 1.5-miles and refreshments will be included.

March # 99329

April # 99345

May # 99346

# Citywide Parks & Recreation

**Stockton Recreation Center** – **\*NEW\* Senior Programs**  
**330 32nd St., 92102** – **(619) 235-1163**

The Stockton Recreation Center staff are excited to offer senior programs for the first time! We encourage all older adults to visit the center to meet your neighbors, make new friends, engage in new social activities and explore the community together. All senior programs are currently free. For questions, please ask for **Ricardo Arteaga**, or email – [rarteaga@sandiego.gov](mailto:rarteaga@sandiego.gov).

## Tuesdays: 10:00am-12:00pm

- **Exercise** – low impact chair exercise class (30min)
- **Table Games** – ping pong, pool, foosball, and more.
- **Puzzles** – work on puzzles to be displayed on site!
- **Technology Classes** – for smartphones & laptops!
- **Arts & Crafts** – different project weekly (3:00pm-4:00pm)

## Thursdays: 10:00am to 12:00pm (coffee & more)

- **Loteria** – a traditional Mexican card game that is similar to Bingo, but uses illustrated cards, & letters.
- **Games** – boardgames, cards and domino games.

## Fridays: 10:00am to 12:00pm

**Walking Club** – join us at the recreation center to walk around the community. We will start with a goal of one mile, increasing to a maximum of three miles. Bring water, good shoes and sun screen.

## Civic Dance...You Can Dance!

Since 1942, the Civic Dance Arts program of the San Diego Parks and Recreation Department has been offering high quality, affordable dance lessons in disciplines such as Tap, Jazz, Ballet, Musical Theater, Modern, Hip Hop and Hawaiian dance to adults of all ages and abilities. More information can be found at [www.civicedancearts.org](http://www.civicedancearts.org) or (619) 235-5255 (Dance office).



## Beach Wheelchair

Take a free one-hour ride on our power-driven beach chairs located at **Mission Beach**. This program is available to individuals with mobility impairments or those who are not otherwise able to walk unaided on the beach. Reservations are not required, but are recommended.

To reserve, please call (619) 525-8247.



### Hours of Operation

Closed January-February

March-April/November-December

Friday, Saturday, Sunday 11:30am-3:30pm

May-October

Monday, Wednesday, Friday 11:30am-4:30pm

Saturday, Sunday 11:30am-5:30pm

## Wheelchair Dance March-May

**Tuesdays 10:00am-12:00pm**  
**Park de la Cruz Gymnasium**  
**3911 Landis St., 92105**

If you've thought about learning ballroom and Latin dance, here's your chance! Wheelchair Dancers Organization brings you the best in inclusive dance whether you roll or walk. Join WDO's Jason Rivers and Karma LaDonna for a morning of dance instruction on Tuesdays from 10am-12pm. All abilities and levels welcome! Dance, get some exercise, and meet new people.

Register at

[www.wdoinclusivedance.org](http://www.wdoinclusivedance.org)



# Community Resources

## **Jewish Family Services “On the Go” Transportation Solutions for Older Adults**

*Jewish Family Services’ (JFS) On the Go* transportation services are available to individuals 60 years and better residing in specific zip code areas. This is a donation based service. Participants pay what they can. No senior will be turned away based on their inability to donate.



Transportation must be inadequate or unavailable and all riders must be mobile and mentally alert. A \$20 initial enrollment fee grants you access to all of the *On the Go* services. Contact AgeWell Services at (619) 525-8247 if you need assistance to pay the initial enrollment fee.

### **Rides & Smiles**

When you make the tough decision to turn in your keys, our dedicated team of volunteers show up to drive you where you need to go – whether to the doctor, the grocery store, or lunch with friends. More than a ride, *On the Go* is about fueling the sense of connection, independence, and mobility that defines *aging well*.

### **Eligible Zip Codes**

Rides & Smiles® transportation services are available to older adults age 60+ who reside in the following areas:

- **Eastern San Diego** – 91941, 91942, 92103, 92104, 92105, 92108, 92111, 92115, 92116, 92117, 92119, 92120, 92123, 92124
- **Northern San Diego** – 92007, 92014, 92024, 92037, 92067, 92075, 92091, 92106, 92107, 92109, 92110, 92121, 92122, 92130
- **North County Inland** – 92029, 92064, 92126, 92127, 92128, 92129, 92131, 92025 (West of San Pasqual/Highland Valley Road)



**Contact AgeWell Services’ staff at (619) 525-8247 or [thescroll@sandiego.gov](mailto:thescroll@sandiego.gov) for a possible enrollment fee waiver before you call Jewish Family Services.**

**Tax Preparation:** AARP Foundation Tax-Aide provides in-person and virtual tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. Visit [www.aarp.org/money/taxes/aarp\\_taxaide/](http://www.aarp.org/money/taxes/aarp_taxaide/) and click on “Get Started.” By appointment only.

**Ray & Joan Kroc Community Center**  
6845 University Ave., San Diego 92115  
(619) 269-1472

**College Rolando Library**  
6600 Montezuma Rd., San Diego 92115  
(619) 533-3902

**Allied Gardens/Benjamin Branch Library**  
5188 Zion Ave., San Diego 92120  
(619) 533-3970  
**San Diego County Library, Encinitas Branch**  
540 Cornish Dr., Encinitas 92024  
(760) 753-7376

**Chula Vista Civic Center Branch Library**  
365 F St., Chula Vista 91910  
(619) 691-5069

**Serra Mesa Library**  
9001 Aero Dr., San Diego 92123  
(858) 573-1396

**Pacific Beach Library**  
4275 Cass St., San Diego 92109  
(858) 581-9934

**North University Community Library**  
8820 Judicial Drive, San Diego 92122  
(858) 581-9637  
**Encinitas Senior Center**  
1140 Oakcrest Park Dr., Encinitas, 92024  
(760) 943-2260

# Community Resources

Refer to the information listed below for community resources that might be helpful to older adults. Please call the contact listed below for the most accurate information.

## Important Numbers for Older Adult Services and Referral Information

211 Information:	211
AARP Community Action Team:	(619) 641-7020
Adult Protective Services:	(858) 495-5660
Aging and Independence Services:	(800) 339-4661
Alzheimer's Association San Diego Chapter:	(800) 272-3900
Consumer Fraud:	(619) 531-3507
ElderHelp HomeShare:	(619) 284-9281
Elder Law:	(858) 565-1392 (ext. 200)
HICAP (Health Insurance Counseling & Advocacy):	(858) 565-1392
MTS Transportation (ADA Ride):	(877) 232-7433
Renter's Rights:	(858) 571-1166
Social Security Administration:	(800) 772-1213

### Digital Navigator

Would you like your organization to be included and promoted as a resource in San Diego's Digital Navigator Program?

Historically, most individuals have had to navigate home access to internet, devices, and technical support on their own, which leaves many residents unable to socially connect or access economic resources. To address the disparity in navigating access to technology and digital skills, a consortium of partners in the San Diego region is launching a Digital Navigator program and Digital Equity Hotline managed by the San Diego Futures Foundation and the City of San Diego.

A **Digital Navigator** is a trusted guide who assists community members in internet adoption and the use of computing devices, addressing the whole digital inclusion process—home connectivity, devices, and digital skills—with community members through repeated interactions.

If your organization offers free or low-cost tech services, we would love to include you in our resource referral system. Please follow this [link](#) and tell us about your organization so that we can get your information to our community members who could use it most.

### Community Centers For Older Adults

#### 42nd District Senior Center

570 South 65<sup>th</sup> St., San Diego  
(619) 266-2066

#### Bay Terraces Community & Senior Center

7445 Tooma St., San Diego  
(619) 527-7632

#### Ed Brown Center (Rancho Bernardo)

18402 W. Bernardo Dr., San Diego  
(858) 487-9324

#### City of Coronado Spreckels Center

125 East Park, San Diego  
(619) 424-0472

#### La Jolla Community Center

6811 La Jolla Blvd., San Diego  
(858) 459-0831

#### Mary and Gary West Senior Wellness Center

1525 4th Ave., San Diego  
(619) 235-6538

#### Mira Mesa Senior Center

8460 Mira Mesa Blvd., San Diego  
(858) 860-5355

#### Peninsula Shepherd Center

1475 Catalina Blvd., San Diego  
(619) 223-1640



# March 2022



Mon	Tues	Wed	Thurs	Fri	Sat / Sun
	1 <b>Fitness Center</b> 8:30a-6:00p  <b>BPL-9:00a-12:00p</b>  <b>Serving Seniors Lunch</b> 12:00p-1:00p	2 <b>Fitness Center</b> 9:30a-6:00p <b>BPL-9a-12:00p</b> <b>Strength Training</b> 8:30a-9:30a <b>Access 4 All</b> 9:00a-12:00p <b>Serving Seniors Lunch</b> 12:00p-1:00p <b>Otherwise Improv</b> 3:00p-5:00p	3 <b>Fitness Center</b> 8:30a-4:00p  <b>BPL-9:00a-12:00p</b> <b>Pickleball</b> 10:00a-12:00p <b>Serving Seniors Lunch &amp; Villa Musica</b> 12:00p-1:00p	4 <b>Fitness Center</b> 8:30a-4:00p  <b>BPL-9:00a-12:00p</b>  <b>Poetry Party</b> 3:30p-5:00p @ SFR	5 <b>Fitness Center</b> 9:30a-2:30p <b>Walk to Wellness</b> 8:30a-10:00a <b>PDLC Café</b> 10:00a-12:30p <b>Bingo</b> 11:00a-12:30p  6
7 <b>Fitness Center</b> 9:30a-6:00p <b>Access 4 All</b> 9:00a-12:00p <b>Strength Training</b> 8:30a-9:30a <b>Mahjong</b> 10:00a-1:00p <b>Serving Seniors Lunch</b> 12:00p-1:00p	8 <b>Fitness Center</b> 8:30a-6:00p  <b>BPL-9:00a-12:00p</b> <b>Serving Seniors Lunch</b> 12:00p-1:00p	9 <b>Fitness Center</b> 9:30a-6:00p <b>BPL-9a-12:00p</b> <b>Strength Training</b> 8:30a-9:30a <b>Access 4 All</b> 9:00a-12:00p <b>Serving Seniors Lunch</b> 12:00p-1:00p	10 <b>Fitness Center</b> 8:30a-4:00p <b>BPL-9:00a-12:00p</b> <b>Pickleball</b> 10:00a-12:00p <b>Serving Seniors Lunch &amp; Villa Musica</b> 12:00p-1:00p <b>St. Patrick's Dance</b> 12:30p-2:30p @ BPC	11 <b>Fitness Center</b> 8:30a-4:00p  <b>BPL-9:00a-12:00p</b> <b>Serving Seniors Lunch</b> 12:00p-1:00p <b>Must-See-Movies</b> 12:30p-3:00p	12 <b>Fitness Center</b> 9:30a-2:30p <b>Walk to Wellness</b> 8:30a-10:00a <b>PDLC Café</b> 10:00a-12:30p <b>Bingo</b> 11:00a-12:30p  13
14 <b>Fitness Center</b> 9:30a-6:00p <b>Access 4 All</b> 9:00a-12:00p <b>Strength Training</b> 8:30a-9:30a <b>Mahjong</b> 10:00a-1:00p <b>Serving Seniors Lunch</b> 12:00p-1:00p	15 <b>Fitness Center</b> 8:30a-6:00p  <b>BPL-9:00a-12:00p</b> <b>Serving Seniors Lunch</b> 12:00p-1:00p	16 <b>Fitness Center</b> 9:30a-6:00p <b>BPL-9a-12:00p</b> <b>Strength Training</b> 8:30a-9:30a <b>Access 4 All</b> 9:00a-12:00p <b>Serving Seniors Lunch</b> 12:00p-1:00p <b>Otherwise Improv</b> 3:00p-5:00p	17 <b>Fitness Center</b> 8:30a-4:00p <b>BPL-9:00a-12:00p</b> <b>Pickleball</b> 10:00a-12:00p <b>Serving Seniors Lunch &amp; Villa Musica</b> 12:00p-1:00p	18 <b>Fitness Center</b> 8:30a-4:00p <b>BPL-9:00a-12:00p</b> <b>Travel Club</b> 10:30a-12:00p <b>Serving Seniors Lunch</b> 12:00p-1:00p <b>Chair Yoga</b> 12:45p-1:45p	19 <b>Fitness Center</b> 9:30a-2:30p <b>Walk to Wellness</b> 8:30a-10:00a <b>PDLC Café</b> 10:00a-12:30p <b>Bingo</b> 11:00a-12:30p  20
21 <b>Fitness Center</b> 9:30a-6:00p <b>Access 4 All</b> 9:00a-12:00p <b>Strength Training</b> 8:30a-9:30a <b>Mahjong</b> 10:00a-1:00p <b>Serving Seniors Lunch</b> 12:00p-1:00p	22 <b>Fitness Center</b> 8:30a-6:00p  <b>BPL-9:00a-12:00p</b> <b>Serving Seniors Lunch</b> 12:00p-1:00p	23 <b>Fitness Center</b> 9:30a-6:00p <b>BPL-9:00a-12:00p</b> <b>Strength Training</b> 8:30a-9:30a <b>Access 4 All</b> 9:00a-12:00p <b>Serving Seniors Lunch</b> 12:00p-1:00p	24 <b>Fitness Center</b> 8:30a-4:00p <b>BPL-9:00a-12:00p</b> <b>Pickleball</b> 10:00a-12:00p <b>March Madness Dance</b> 12:30p-2:30p @ BPC <b>Serving Seniors Lunch &amp; Villa Musica</b> 12:00p-1:00p	25 <b>Fitness Center</b> 8:30a-4:00p <b>BPL-9:00a-12:00p</b> <b>Audubon Bird Walk</b> 9:00a-11:00a <b>Serving Seniors Lunch</b> 12:00p-1:00p <b>Chair Yoga</b> 12:45p-1:45p <b>Poetic Legacy</b> 3:00p-4:30p	26 <b>Fitness Center</b> 9:30a-2:30p <b>Walk to Wellness</b> 8:30a-10:00a <b>PDLC Café</b> 10:00a-12:30p <b>Bingo</b> 11:00a-12:30p  27
28 <b>Fitness Center</b> 9:30a-6:00p <b>Access 4 All</b> 9:00a-12:00p <b>Strength Training</b> 8:30a-9:30a <b>Mahjong</b> 10:00a-1:00p <b>Serving Seniors Lunch</b> 12:00p-1:00p	29 <b>Fitness Center</b> 8:30a-6:00p <b>BPL-9:00a-12:00p</b> <b>Piano Notes</b> 10:00a-11:45a <b>BPC</b> <b>Serving Seniors Lunch</b> 12:00p-1:00p	30 <b>Fitness Center</b> 9:30a-6:00p <b>BPL-9:00a-12:00p</b> <b>Strength Training</b> 8:30a-9:30a <b>Access 4 All</b> 9:00a-12:00p <b>Serving Seniors Lunch</b> 12:00p-1:00p	31 <b>City Holiday Closed</b>		

## KEY:

**BPL = Balboa Park Lounge 1650 El Prado, SD 92101**

**PLDC= Park De La Cruz, 3901 Landis Street, SD 92105**

**SFR = Santa Fe Room, 2144 Pan American Rd W, SD 92101**

**BPC= Balboa Park Club, 2144 Pan American Rd W, SD 92101**





# April 2022



Mon	Tues	Wed	Thurs	Fri	Sat / Sun
				<b>1 BPL-9:00a-12:00p</b> <b>Fitness Center</b> 8:30a-4:00p <b>Ukulele 11:00a-12:00p</b> <b>Serving Seniors Lunch</b> 12:00p-1:00p <b>Poetry Party</b> 3:30p-5:00p @ SFR	<b>2 Fitness Center</b> 9:30a-2:30p <b>Walk to Wellness</b> 8:30a-10:00a <b>PDLC Café</b> 10:00a-12:30p <b>Bingo 11:00a-12:30p</b> 3
<b>4 Fitness Center</b> 9:30a-6:00p <b>Access 4 All</b> 9:00a-12:00p <b>Strength Training</b> 8:30a-9:30a <b>Mahjong 10:00a-1:00p</b> <b>Serving Seniors Lunch</b> 12:00p-1:00p	<b>5 Fitness Center</b> 8:30a-6:00p  <b>BPL-9:00a-12:00p</b>  <b>Serving Seniors Lunch</b> 12:00p-1:00p	<b>6 Fitness Center</b> 9:30a-6:00p <b>BPL-9:00a-12:00p</b> <b>Strength Training</b> 8:30a-9:30a <b>Access 4 All</b> 9:00a-12:00p <b>Serving Seniors Lunch</b> 12:00p-1:00p <b>Otherwise Improv</b> 3:00p-5:00p	<b>7 Fitness Center</b> 8:30a-4:00p <b>BPL-9:00a-12:00p</b> <b>Pickleball</b> 10:00a-12:00p <b>Serving Seniors Lunch &amp; Villa Musica</b> 12:00p-1:00p	<b>8 BPL-9:00a-12:00p</b> <b>Fitness Center</b> 8:30a-4:00p <b>Ukulele 11:00a-12:00p</b> <b>Serving Seniors Lunch</b> 12:00p-1:00p <b>Must-See-Movie</b> 12:30p-3:00p <b>Chair Yoga</b> 12:45p-1:45p	<b>9 Fitness Center</b> 9:30a-2:30p <b>Walk to Wellness</b> 8:30a-10:00a <b>PDLC Café</b> 10:00a-12:30p <b>Bingo 11:00a-12:30p</b> 10
<b>11 Fitness Center</b> 9:30a-6:00p <b>Access 4 All</b> 9:00a-12:00p <b>Strength Training</b> 8:30a-9:30a <b>Mahjong 10:00a-1:00p</b> <b>Serving Seniors Lunch</b> 12:00p-1:00p	<b>12 Fitness Center</b> 8:30a-6:00p  <b>BPL-9:00a-12:00p</b>  <b>Serving Seniors Lunch</b> 12:00p-1:00p	<b>13 Fitness Center</b> 9:30a-6:00p <b>BPL-9:00a-12:00p</b> <b>Strength Training</b> 8:30a-9:30a <b>Access 4 All</b> 9:00a-12:00p <b>Serving Seniors Lunch</b> 12:00p-1:00p	<b>14 Fitness Center</b> 8:30a-4:00p <b>BPL-9:00a-12:00p</b> <b>Pickleball</b> 10:00a-12:00p <b>Serving Seniors Lunch &amp; Villa Musica</b> 12:00p-1:00p <b>Bunny Hop Dance</b> 12:30p-2:30p @ BPC	<b>15 BPL-9:00a-12:00p</b> <b>Fitness Center</b> 8:30a-4:00p <b>Travel Club 10:30a-12:00p</b> <b>Ukulele 11:00a-12:00p</b> <b>Serving Seniors Lunch</b> 12:00p-1:00p <b>Chair Yoga</b> 12:45p-1:45p	<b>16 Fitness Center</b> 9:30a-2:30p <b>Walk to Wellness</b> 8:30a-10:00a <b>PDLC Café</b> 10:00a-12:30p <b>Bingo 11:00a-12:30p</b> 17
<b>18 Fitness Center</b> 9:30a-6:00p <b>Access 4 All</b> 9:00a-12:00p <b>Strength Training</b> 8:30a-9:30a <b>Mahjong 10:00a-1:00p</b> <b>Serving Seniors Lunch</b> 12:00p-1:00p	<b>19 Fitness Center</b> 10:00a-6:00p  <b>BPL-9:00a-12:00p</b>  <b>Serving Seniors Lunch</b> 12:00p-1:00p	<b>20 Fitness Center</b> 9:30a-6:00p <b>BPL-9:00a-12:00p</b> <b>Strength Training</b> 8:30a-9:30a <b>Access 4 All</b> 9:00a-12:00p <b>Serving Seniors Lunch</b> 12:00p-1:00p <b>Otherwise Improv</b> 3:00p-5:00p	<b>21 Fitness Center</b> 8:30a-4:00p <b>BPL-9:00a-12:00p</b> <b>Pickleball</b> 10:00a-12:00p <b>Ukulele 11:00a-12:00p</b> <b>Serving Seniors Lunch &amp; Villa Musica</b> 12:00p-1:00p	<b>22 BPL-9:00a-12:00p</b> <b>Fitness Center</b> 8:30a-4:00p <b>Ukulele 11:00a-12:00p</b> <b>Serving Seniors Lunch</b> 12:00p-1:00p <b>Chair Yoga</b> 12:45p-1:45p	<b>23 Fitness Center</b> 9:30a-2:30p <b>Walk to Wellness</b> 8:30a-10:00a <b>PDLC Café</b> 10:00a-12:30p <b>Bingo 11:00a-12:30p</b> <b>Succulent Party 1:00p-2:30p</b> 24
<b>25 Fitness Center</b> 9:30a-6:00p <b>Access 4 All</b> 9:00a-12:00p <b>Strength Training</b> 8:30a-9:30a <b>Mahjong 10:00a-1:00p</b> <b>Serving Seniors Lunch</b> 12:00p-1:00p	<b>26 Fitness Center</b> 8:30a-6:00p <b>BPL-9:00a-12:00p</b> <b>Piano Notes 10:00a-11:45a</b> <b>BPC</b> <b>Serving Seniors Lunch</b> 12:00p-1:00p	<b>27 Fitness Center</b> 9:30a-6:00p <b>BPL-9:00a-12:00p</b> <b>Strength Training</b> 8:30a-9:30a <b>Access 4 All</b> 9:00a-12:00p <b>Serving Seniors Lunch</b> 12:00p-1:00p	<b>28 Fitness Center</b> 8:30a-4:00p <b>BPL-9:00a-12:00p</b> <b>Pickleball</b> 10:00a-12:00p <b>Serving Seniors Lunch &amp; Villa Musica</b> 12:00p-1:00p <b>Mother Earth's Garden Party Dance</b> 12:30p-2:30pm @ BPC	<b>29 BPL-9:00a-12:00p</b> <b>Fitness Center</b> 8:30a-4:00p <b>Ukulele 11:00a-12:00p</b> <b>Serving Seniors Lunch</b> 12:00p-1:00p <b>Chair Yoga</b> 12:45p-1:45p <b>Poetic Legacy</b> 3:00p-4:30p	<b>30 Fitness Center</b> 9:30a-2:30p <b>Walk to Wellness</b> 8:30a-10:00a <b>PDLC Café</b> 10:00a-12:30p <b>Bingo 11:00a-12:30p</b>

## KEY:

**BPL = Balboa Park Lounge 1650 El Prado, SD 92101**

**PLDC= Park De La Cruz, 3901 Landis Street, SD 92105**

**SFR = Santa Fe Room, 2144 Pan American Rd W, SD 92101**

**BPC= Balboa Park Club, 2144 Pan American Rd W, SD 92101**



# May 2022



Mon	Tues	Wed	Thurs	Fri	Sat / Sun
2 <b>Fitness Center</b> 9:30a-6:00p <b>Access 4 All</b> 9:00a-12:00p <b>Strength Training</b> 8:30a-9:30a <b>Mahjong</b> 10:00a-1:00p <b>Serving Seniors Lunch</b> 12:00p-1:00p	3 <b>Fitness Center</b> 8:30a-6:00p <b>BPL-9:00a-12:00p</b> <b>Serving Seniors Lunch</b> 12:00p-1:00p	4 <b>Fitness Center</b> 9:30a-6:00p <b>BPL-9a-12:00p</b> <b>Strength Training</b> 8:30a-9:30a <b>Access 4 All</b> 9:00a-12:00p <b>Serving Seniors Lunch</b> 12:00p-1:00p <b>Otherwise Improv</b> 3:00p-5:00p	5 <b>Fitness Center</b> 8:30a-4:00p <b>Pickleball</b> 10:00a-12:00p <b>Serving Seniors Lunch &amp; Villa Musica</b> 12:00p-1:00p	6 <b>Fitness Center</b> 8:30a-4:00p <b>BPL-9:00a-12:00p</b> <b>Ukulele</b> 11:00a-12:00p <b>Serving Seniors Lunch</b> 12:00p-1:00p <b>Chair Yoga</b> 12:45p-1:45p <b>Poetry Party</b> 3:30p-5:00p <b>SFR</b>	7 <b>Fitness Center</b> 9:30a-2:30p <b>Walk to Wellness</b> 8:30a-10:00a <b>PDLC Café</b> 10:00a-12:30p <b>Bingo</b> 11:00a-12:30p <b>Mothers Day Tea Party</b> 11:00a-1:00p 8
9 <b>Fitness Center</b> 9:30a-6:00p <b>Access 4 All</b> 9:00a-12:00p <b>Strength Training</b> 8:30a-9:30a <b>Mahjong</b> 10:00a-1:00p <b>Serving Seniors Lunch</b> 12:00p-1:00p	10 <b>Fitness Center</b> 8:30a-6:00p <b>BPL-9:00a-12:00p</b> <b>Serving Seniors Lunch</b> 12:00p-1:00p	11 <b>Fitness Center</b> 9:30a-6:00p <b>BPL-9:00a-12:00p</b> <b>Strength Training</b> 8:30a-9:30a <b>Access 4 All</b> 9:00a-12:00p <b>Serving Seniors Lunch</b> 12:00p-1:00p	12 <b>Fitness Center</b> 8:30a-4:00p <b>Pickleball</b> 10:00a-12:00p <b>Serving Seniors Lunch &amp; Villa Musica</b> 12:00p-1:00p <b>Fiesta Dance</b> 12:30p-2:30p @ BPC	13 <b>Fitness Center</b> 8:30a-4:00p <b>BPL-9:00a-12:00p</b> <b>Serving Seniors Lunch</b> 12:00p-1:00p <b>Chair Yoga</b> 12:45p-1:45p <b>Must-See-Movies</b> 12:30p-3:00p	14 <b>Fitness Center</b> 9:30a-2:30p <b>Walk to Wellness</b> 8:30a-10:00a <b>PDLC Café</b> 10:00a-12:30p <b>Bingo</b> 11:00a-12:30p 15
16 <b>Fitness Center</b> 9:30a-6:00p <b>Access 4 All</b> 9:00a-12:00p <b>Strength Training</b> 8:30a-9:30a <b>Mahjong</b> 10:00a-1:00p <b>Serving Seniors Lunch</b> 12:00p-1:00p	17 <b>Fitness Center</b> 8:30a-6:00p <b>BPL-9:00a-12:00p</b> <b>Serving Seniors Lunch</b> 12:00p-1:00p	18 <b>Fitness Center</b> 9:30a-6:00p <b>BPL-9a-12:00p</b> <b>Strength Training</b> 8:30a-9:30a <b>Access 4 All</b> 9:00a-12:00p <b>Serving Seniors Lunch</b> 12:00p-1:00p <b>Otherwise Improv</b> 3:00p-5:00p	19 <b>Fitness Center</b> 8:30a-4:00p <b>Pickleball</b> 10:00a-12:00p <b>Serving Seniors Lunch &amp; Villa Musica</b> 12:00p-1:00p	20 <b>Fitness Center</b> 8:30a-4:00p <b>BPL-9:00a-12:00p</b> <b>Serving Seniors Lunch</b> 12:00p-1:00p <b>Travel Club</b> 10:30a-12:00p	21 <b>Fitness Center</b> 9:30a-2:30p <b>Walk to Wellness</b> 8:30a-10:00a <b>PDLC Café</b> 10:00a-12:30p <b>Bingo</b> 11:00a-12:30p 22
23 <b>Fitness Center</b> 9:30a-6:00p <b>Access 4 All</b> 9:00a-12:00p <b>Strength Training</b> 8:30a-9:30a <b>Mahjong</b> 10:00a-1:00p <b>Serving Seniors Lunch</b> 12:00p-1:00p	24 <b>Fitness Center</b> 10:00a-6:00p <b>BPL-9:00a-12:00p</b> <b>Serving Seniors Lunch</b> 12:00p-1:00p	25 <b>Fitness Center</b> 9:30a-6:00p <b>BPL-9:00a-12:00p</b> <b>Strength Training</b> 8:30a-9:30a <b>Access 4 All</b> 9:00a-12:00p <b>Serving Seniors Lunch</b> 12:00p-1:00p	26 <b>Fitness Center</b> 8:30a-4:00p <b>Pickleball</b> 10:00a-12:00p <b>Serving Seniors Lunch &amp; Villa Musica</b> 12:00p-1:00p <b>Western Dance</b> 12:30p-2:30p @ BPC	27 <b>Fitness Center</b> 8:30a-4:00p <b>BPL-9:00a-12:00p</b> <b>Serving Seniors Lunch</b> 12:00p-1:00p <b>Poetic Legacy</b> 3:00p-4:30p	28 <b>Fitness Center</b> 9:30a-2:30p <b>Walk to Wellness</b> 8:30a-10:00a <b>PDLC Café</b> 10:00a-12:30p <b>Bingo</b> 11:00a-12:30p 29
30 <b>City Holiday Closed</b>	31 <b>Fitness Center</b> 10:00a-6:00p <b>BPL-9:00a-12:00p</b> <b>Piano Notes BPC</b> 10:00am-11:45am <b>Serving Seniors Lunch</b> 12:00p-1:00p	<b>KEY:</b> <b>BPL = Balboa Park Lounge 1650 El Prado, SD 92101</b> <b>PLDC= Park De La Cruz, 3901 Landis Street, SD 92105</b> <b>SFR = Santa Fe Room, 2144 Pan American Rd W, SD 92101</b> <b>BPC= Balboa Park Club, 2144 Pan American Rd W, SD 92101</b>			

AgeWell Services  
Parks & Recreation Department  
3901 Landis Street, MS 38  
San Diego, CA 92105

**Return Service Requested**

**Would you like to go paperless?**

If so, please email [thescroll@sandiego.gov](mailto:thescroll@sandiego.gov) Subject: Paperless Scroll.  
Starting with the next quarter you will receive an electronic version of the  
Scroll, sent directly to your email.

The City of  
**SAN DIEGO**  
Parks and Recreation Department

**"To provide healthy, sustainable, and enriching environments for all."**

The City of San Diego is committed to providing an equitable and inclusive environment for all individuals. Consistent with these principles and applicable laws, it is the City's policy not to discriminate on the basis of any protected classification, including age, ancestry, color, creed, physical or mental disability, gender, gender identity, gender expression, genetic information, marital status, medical condition, veteran or military status, national origin, pregnancy (including childbirth, breastfeeding, or related medical conditions), race, traits historically associated with race (including hair texture and protective hairstyles such as braids, locks, and twists), religion, religious belief or observance, religious creed, sex, sex stereotype, sexual orientation, transgender status or transitioning, or any other classification protected by federal, state, or local law (including being perceived or regarded as or associated with any protected classification). If anyone believes they have been discriminated against, they may file a complaint alleging the discrimination with either the City of San Diego, Parks and Recreation Department District Manager at (619)533-6333, or the California Department of Fair Employment and Housing (DFEH) at (800) 884-1684. This information is available in alternative formats upon request.



*All City of San Diego parks and beaches are smoke free.*

